



# ROGERS FOODS NEWSLETTER

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## Recipes of the Month

BANANA OAT PANCAKES

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HEALTHY & SUGAR-FREE  
CARROT CAKE MUFFINS

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CHEESE & HERB SCONES

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CONSIDER EATING MORE  
OATS AS YOU AGE

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## Can it Really Be True? Spring and Easter are Days Away?

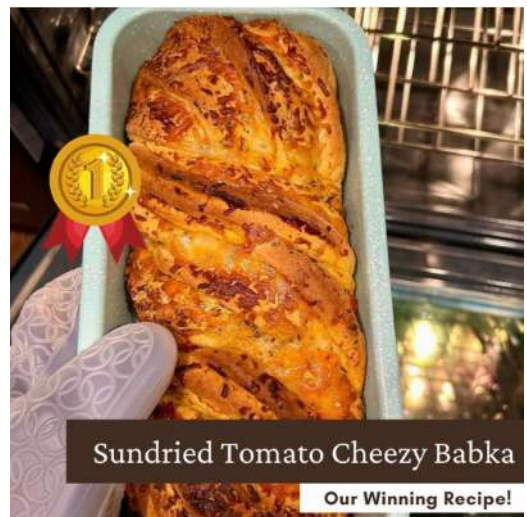
Can you believe that spring officially begins on March 19th and Easter is on March 31st this year?!! We are so excited that spring is finally approaching! 🌸🌻 The warmer weather, blooming flowers, and longer days are a refreshing and welcome change. With the Easter holiday just around the corner, we look forward to all the baking we will do to celebrate. From hot cross buns to carrot cake (check out our healthier version in this newsletter, the possibilities are endless, and we can't wait to get started in the kitchen. Who else is ready to bake up some delicious treats for Easter? What are your go-to recipes for this time of year? Share your favourite Easter baking ideas on our social media, #MadeWithRogers! Let's all get in the spirit of the season and spread the joy of baking.

### A BIG CONGRATULATIONS TO THE WINNER OF OUR \$1000 BAKING CONTEST WITH CHEF CHUCK HUGHES.

**WINNER** - Sundried Tomato Cheezy Babka, IG'S #justbakedbysue using ROGERS ALL PURPOSE FLOUR & Chef Chuck Hughes' SUNDRIED TOMATO SPREAD.

The runner-up was @sgnocato with their incredible Mediterranean Focaccia Bread.

Go online to see both recipes and give them a try! Be sure to watch for our Spring Baking Contest coming later this month to help celebrate the season! 🐰🥚🍰



# FLUFFY BANANA OAT PANCAKES

**Prep Time - 15 min**

**Cook Time - 5 min**

**Yields - 12 Pancakes**

Oats are incredibly versatile and can be used in a variety of healthy recipes. Here is a simple, nutritious recipe using oats that you can try at home and is a great option for brunch.

## INGREDIENTS

- 1 cup **ROGERS FOODS LARGE FLAKE OATS**
- 2 ripe bananas
- 2 eggs (separated)
- 1/2 cup milk (dairy or plant-based)
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 1 tsp baking powder
- Pinch of salt
- Cooking spray or butter for the pan

Optional toppings: fresh berries, sliced bananas, nuts, honey, or maple syrup

## INSTRUCTIONS

1. Place the rolled oats in a blender or food processor and blend until they reach a flour-like consistency.
2. In a separate bowl, whip room temperature egg whites until stiff peaks form. Set aside.
3. Add to blender the ripe bananas, egg yolks, milk, vanilla extract, ground cinnamon, baking powder, and a pinch of salt to the blender with the oat flour. Blend until you have a smooth batter.
4. Pour batter from the blender into egg whites and gently fold in. Mix until blended.
5. Heat a non-stick skillet or griddle over medium heat and coat with cooking spray or a little butter (try coconut oil for a tropical taste).



6. Once the pan is hot, pour about 1/4 cup of the batter onto the pan for each pancake. Cook for 2-3 minutes or until bubbles start to form on the surface of the pancake.
7. Flip and cook for another 1-2 minutes on the other side or until golden brown and center is cooked.
8. Transfer the pancakes to a serving plate and continue with the remaining batter.
9. Serve the pancakes warm with your choice of toppings such as fresh berries, sliced bananas, nuts, a drizzle of honey, or maple syrup.

Enjoy your healthy and delicious banana oat pancakes! This recipe is not only naturally sweetened by the bananas but also provides a good dose of fibre and protein from the oats and eggs. It's an excellent way to start your day or for a wholesome brunch.

# HEALTHY & SUGAR-FREE CARROT CAKE MUFFINS

**PREP TIME: 15 minutes**

**COOK TIME: 20-25 minutes**

**NUMBER OF SERVINGS: 12**

## INGREDIENTS

- 1 1/2 cups **ROGERS FOODS WHOLE GRAIN WHOLE WHEAT FLOUR**
- 1/2 cup rolled oats
- 1 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/4 teaspoon salt
- 2 large eggs
- 1/4 cup unsweetened applesauce
- 1/4 cup olive oil or melted coconut oil
- 1/3 cup unsweetened almond milk or skim milk
- 1/3 cup pure maple syrup, honey or sugar-free syrup
- 1 teaspoon pure vanilla extract
- 1 1/2 cups finely grated carrots (about 3 medium carrots)
- 1/3 cup chopped walnuts or pecans (optional)

## INSTRUCTIONS

1. Preheat the oven to 350°F (175°C) and line a muffin tin with paper liners or grease with cooking spray.
2. In a large bowl, whisk together the whole wheat flour, oats, baking



- powder, baking soda, cinnamon, nutmeg, and salt.
3. In a separate bowl, whisk the eggs, applesauce, oil, almond milk, maple syrup (or honey), and vanilla extract until well combined.
  4. Add the wet ingredients to the dry ingredients and stir until just combined; do not over-mix.
  5. Gently fold in the grated carrots and chopped nuts, if using.
  6. Spoon the batter into the prepared muffin cups, filling each about 2/3 full.
  7. Bake for 20-25 minutes or until a toothpick inserted into the center of a muffin comes out clean.
  8. Allow the muffins to cool in the tin for 5 minutes before transferring them to a wire rack to cool completely.
  9. Once the muffins are completely cooled, spread a dollop of cream cheese frosting on each muffin or pipe it using a piping bag.
  10. Optional: garnish with a sprinkle of ground cinnamon or grated carrot tossed with a little bit of sugar and cinnamon.

# CHEESE AND HERB SCONES



**PREP TIME: 20 minutes**  
**COOK TIME: 12-15 minutes**  
**NUMBER OF SERVINGS: 6-8**

These savoury Cheese and Herb Scones are perfect for Easter brunch or as a delightful addition to any meal during the festive season. The combination of cheddar cheese and fresh herbs creates a burst of flavor in every bite, making them a wonderful accompaniment to your Easter table. We hope you enjoy!

## INGREDIENTS

- 2 cups **ROGERS FOODS ALL PURPOSE FLOUR**
- 1 tablespoon baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup unsalted butter, chilled and cubed

- 1/2 cup grated cheddar cheese
- 2 tablespoons finely chopped fresh herbs (such as chives, thyme, or parsley)
- 2/3 cup milk or milk alternative
- 1 large egg, beaten (for egg wash)

## INSTRUCTIONS

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. In a large bowl, whisk together the all-purpose flour, baking powder, salt, and black pepper.
3. Add the chilled and cubed butter to the flour mixture and use a pastry cutter or your fingertips to rub the butter into the flour until the mixture resembles coarse crumbs.
4. Stir in the grated cheddar cheese and finely chopped fresh herbs, ensuring they are evenly distributed throughout the mixture.
5. Make a well in the center of the mixture and pour in the milk. Use a fork to gently mix the milk into the flour mixture until just combined and a soft dough forms.
6. Turn the dough out onto a lightly floured surface and gently knead it a few times until it holds together.
7. Pat the dough into a circle about 3/4 inch (2 cm) thick and use a floured biscuit cutter to cut out scones. Place the scones on the prepared baking sheet, leaving some space between each.
8. Brush the tops of the scones with the beaten egg to create a golden finish. You can also top with more cheese, roasted sesame seeds or sea salt for a nice twist.
9. Bake the scones in the preheated oven for 12-15 minutes or until they are golden brown and baked through.
10. Remove the scones from the oven and transfer them to a wire rack to cool slightly before serving.
11. Serve the Cheese and Herb Scones warm with butter or alongside your favourite savoury spreads or soups.



## WELLNESS CORNER

Rogers Foods Registered Holistic Nutritionist, Tammy-Lynn

# CONSIDER EATING MORE OATS AS YOU AGE



Aging is an inevitable process that every living organism goes through. It involves a series of biological changes throughout an organism's life, leading to the gradual decline of its physical and mental capabilities. The aging process is complex and multifactorial, influenced by genetics, lifestyle choices, and environmental factors.

One aspect of lifestyle that has received considerable attention for its potential impact on aging is diet and, specifically, the consumption of oats. Oats are a cereal grain known for their health benefits, including high fibre content, a range of vitamins and minerals, and a unique group of antioxidants known as avenanthramides. These components play a significant role in promoting overall health and may have specific benefits related to aging. The high soluble fibre content in oats, particularly beta-glucan, has been shown to contribute to heart health. As we age, the risk of cardiovascular diseases increases. Regular



consumption of oats can help lower LDL (harmful) cholesterol levels and maintain healthy blood pressure, crucial factors in preventing heart disease. The fibre in oats also aids in digestive health, which can prevent constipation—a common issue in older adults.

In addition to heart and digestive health, oats can help with weight management. Aging is often accompanied by a gradual slowdown in metabolism, making it easier to gain weight and more challenging to lose. The fibre in oats contributes to a feeling of fullness, thus helping to control appetite and potentially reducing overall calorie intake. This satiety effect can be particularly beneficial for older people, who might need to manage their weight more carefully. Oats are also a good source of complex carbohydrates, providing a steady energy source. Maintaining energy levels is essential as one ages since it can help sustain physical activity. Regular physical activity is critical to preserving muscle mass, bone density, and joint health, all of which tend to decline with age. Aging is associated with increased oxidative stress and inflammation, which are thought to be at the core of many age-related diseases such as arthritis, Alzheimer's disease, and certain cancers.

Oats contain antioxidants, including avenanthramides, which have anti-inflammatory properties and may help reduce oxidative stress, thus potentially playing a role in preventing these conditions. Also, consuming whole grains like oats has been associated with a lower risk of type 2 diabetes. As we get older, insulin sensitivity can decrease, leading to an increased risk of developing diabetes. The magnesium found in oats aids in the body's use of glucose and insulin secretion, helping to control blood sugar levels.

Cognitive decline is another concern as we age. Though no single dietary change can prevent this, a healthy diet rich in whole grains like oats, fruits, vegetables, and fish is associated with a lower risk of cognitive decline and certain neurodegenerative diseases. Finally, preparing and consuming oat-based meals can have social and psychological benefits for older people. Cooking can be a creative and satisfying activity while sharing meals can help combat loneliness and promote social interaction as we age.

We know the aging process is complex and multifactorial, with diet playing a crucial role in managing health during our later years. Including oats as a regular part of a balanced diet can contribute positively to several aspects of health that are particularly relevant to the aging population. Its beneficial components address cardiovascular health, digestive function, weight management, energy provision, glycemic control, cognitive health and reduced inflammation. For these reasons (and more), oats can be a simple yet powerful food choice to support healthy aging!